

WOMAN AND CHILD
CEREAL— 10 ounces or larger



B&G Foods Instant Cream of Wheat
B&G Foods Whole Grain Cream of Wheat

General Mills Multi –Grain Cheerios*
General Mills Toasted Grain Oat Cheerios
General Mills Corn, Rice or Wheat * Chex
General Mills Fiber One Frosted Shred Wheat*
General Mills Kix* or Honey Kix*

General Mills Wheaties*



Kellogg's All Bran Complete Wheat Flakes*
Kellogg's Corn Flakes
Kellogg's Frosted Big Bite Mini-Wheats*
Kellogg's Frosted Bite Size Mini-Wheats*
Kellogg's Frosted Little Bites Mini-Wheats*
Kellogg's Unfrosted Mini Wheats*



Post Bran Flakes*
Post Grape Nuts* or Grape Nut Flakes*
Post Honey Roasted Honey Bunches of Oats



Quaker Oat Bran Essentials*
Quaker Original Flavor Instant Quaker Oatmeal*
Quaker King Vitaman
Quaker Life



Malt O Meal Crispy Rice
Malt O Meal Frosted Mini Spooners*
Malt O Meal Oat & Honey Blenders
Malt O Meal Original Hot Wheat Cereal
Mom's Best Naturals Oats & Honey Blend



*Whole Grain Cereal



NO Organic Cereals
NO Cereals not listed



JUICE— Unsweetened 100% Fruit/Veggie
Purchase size as shown on checks or EBT shopping list

100% Frozen Fruit Juice in 12 ounce
Any Brand- Grapefruit or Orange
Seneca—Apple
Old Orchard—Any Flavor

Juicy Juice 100% Fruit Juice in 11.5 ounce
Any Flavor

Can or Plastic 100% Fruit Juice in 46, 48, or 64 ounce
Any Brand - Grapefruit or Orange
Apple— Lucky Leaf, Musselman's, Seneca, Speas Farm
Pineapple– Del Monte, Dole, Libby's
Big Tex—Any Flavor
Juicy Juice—Any Flavor
Old Orchard—Any Flavor
Texsun—Any Flavor

100% Veggie Juice—Can or Plastic 46, 48 or 64 ounce

Tomato Juice- Campbell's Campbell's Low Sodium Red Gold	Vegetable Juice- Big Tex Texsun V-8 V-8 Low Sodium V-8 Spicy V-8 Essential Antioxidant
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YES Juices with added calcium

NO Other juices or fruit drinks
NO Organic Juice
NO V8 Lite, Splash, or Fusion
NO DHA, prebiotics, or artificial sweeteners



MILK— Lowest price brand of the type and size specified and selected

Fat free/Skim
Low fat (½%, 1%)
Reduced fat (2%)
Whole

Choose 1% or less
for 2 years and
older.



Acidophilus &/or bifidum (A/B), lactose free and powdered milks are allowed if shown on checks or EBT shopping list

YES Added calcium, fat free, low fat or reduced fat

NO Flavored milk , Goat's Milk, Buttermilk, Vitamite 100,
Rice or Evaporated Milk
NO Organic Milk
NO Added plant sterols, sterols, DHA, ARA &/or Omega 3

CHEESE— Block, Crumbled, Cubed, Sliced Shredded, or String—8 or 16 ounce packages only - Lowest price brand

Brick	Monterey Jack	Provolone
Cheddar	Mozzarella	Swiss
Colby	Muenster	

YES Variety packs/blends, low cholesterol, low or reduced fat, nonfat, fat free, added calcium and low sodium

NO Deli cheese of any type
NO American Cheese
NO Cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese
NO Added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)
NO Organic Cheese
NO Added probiotics (e.g., Liv Active, etc.)



TOFU— 8 or 16 ounce container

To purchase tofu, it must be shown on checks or EBT shopping list

Vitasoy-NaSoya— lite silken, silken, super firm cubed
House Foods—extra firm, firm, regular

YES Prepared with calcium/magnesium salts

NO Added fats, sugars, oils or sodium



SOY Milk— Half-gallon container

To purchase soy milk, it must be shown on checks or EBT shopping list

8th Continent Original

NO Light, fat free, complete, or flavored



EGGS— Grade A - White - Dozen only Size - Small, medium or large

NO Organic, cage free, free range, low cholesterol, antibiotic free, vegetarian fed hen, multigrain diet fed, and no growth hormone
NO Added Omega 3 or other fatty acids
NO Brown eggs

BEANS OR PEAS— Any brand Dried—16 ounce bag OR Canned—15 to 16 ounce
Any plain bean or pea. Some examples include:
Black Lentils Pinto
Black-eyed Kidney Red
Garbanzo Mixed Speckled
Great Northern Navy

YES Mixed beans (pinto and great northern, etc.)
YES Regular or low sodium

NO Added meats, flavorings, sauces, spices/seasoning, fats, sugars, or oils
NO Organic or baked
NO Canned green beans, green peas, or waxed beans



PEANUT BUTTER— Any brand 18 ounce only

YES Chunky, Creamy, Crunchy or Extra Crunchy
YES Low sodium and low sugar

NO Low carb
NO Jelly, honey, chocolate, artificial sweeteners or flavors added
NO Tubes, slices or “To Go” containers
NO Organic Peanut Butter
NO Reduced Fat



CANNED FISH— Any brand

Type and sizes below. Packed in oil or water

To purchase fish, it must be shown on checks or EBT shopping list

PINK SALMON—6 & 7.5 ounce cans only
SARDINES- 3.75 & 15 ounce cans only
TUNA FISH- 5 & 6 ounce cans only

YES Regular or low sodium

NO White or albacore tuna
NO Organic Fish
NO Foil containers
NO Added seasonings, flavors, or dressings



WOMAN AND CHILD
WHOLE GRAIN BREADS

12 ounce
Klosterman—100% Wheat ½ Loaf

16 ounce
Bunny 100% Whole Wheat
Earth Grains - 100 % Whole Wheat
Food Lion 100% Whole Wheat
Harris Bread Company - Slim and Trim Wheat
Healthy Life - 100% Whole Wheat
100% Whole Wheat Whole Grain
Sugar Free 100% Whole Grain
Kerns 100% Whole Wheat
Nature’s Own - 100% Whole Grain
Ozark Hearth 100% Whole Wheat
Sara Lee 100% Whole Wheat Bread
Pepperidge Farm - Light Style Soft Wheat
Stoneground 100% Whole Wheat
Very Thin Soft 100% Whole Wheat
Whole Grain Seeded Rye
Roman Meal Sungrain 100% Whole Wheat
Wonder - 100% Whole Wheat

24 ounce
Aunt Millie’s - 100% Whole Wheat
Arnold/Brownberry - Healthnut
12 Grain
100% Whole Wheat
100% Whole Wheat Double Fiber
Baker’s Inn - Honey Wheat
100% Whole Wheat
Heiner’s - Old Fashion Stone Ground Wheat
Klosterman—European Harvest 100% Whole Wheat
Kroger - Multigrain Double Protein
Private Selection 4 Wheat Whole Grain
Private Selection 100% Whole Wheat
Nature’s Own - Honey Wheat Berry
12 Grain
100% Whole Wheat
Pepperidge Farm - Double Fiber
Oatmeal
Soft Honey Whole Wheat
15 Grain
100% Whole Wheat
Sara Lee- 100% Multigrain
100% Whole Wheat
Wonder- 100% Whole Wheat

NO Additives such as herbs, spices, peppers, cheese, tomatoes or raisins
NO White Bread
NO Organic Bread

WHOLE GRAINS— BROWN RICE
14 or 16 ounce package - Any brand

YES Instant, quick, or regular

NO Additives such as herbs, spices, peppers, cheese or tomatoes

WHOLE GRAINS - TORTILLAS
16 ounce package - As specified

Whole Wheat Tortillas	Corn Tortillas
Best Choice	Celias
Celias	Dan Pancho
Dan Pancho	La Banderita
La Banderita	La Burrita
Manny’s/Chi Chi’s	Mission 6”
Miscasa 100%	Pepito
Mission 8”	
Nuevo leon	
Pepito	

NO Additives such as herbs, spices, peppers, cheese spinach or tomatoes

FRESH FRUITS & VEGETABLES—
All varieties

YES Sweet potatoes or yams
YES Cut or sliced

NO White potatoes
NO Ornamental fruits or vegetables such as painted pumpkins or pepper on a string
NO Party trays or fruit baskets
NO Muffins or baked goods
NO Items from salad bar
NO Herbs or spices
NO Sprouts
NO Added dressings, croutons, etc
NO Fruit/nut mixtures
NO Dried fruit or vegetables



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INFANT FOODS



FORMULA— Purchase size and type shown on checks or EBT shopping list

NO Whole, Lowfat, Skim, Evaporated or Goat’s Milk
NO Organic Formula

INFANT CEREAL— 8.0 ounce box dry only
Beechnut Gerber Nature’s Goodness

NO Organic
NO Additives such as fruit, formula, sugar or DHA & ARA
NO Cereal in jars or plastic containers

INFANT FRUITS & VEGETABLES—
4.0 ounce containers only
Beechnut Gerber Nature’s Goodness

YES Plain fruit or vegetable combinations such as peas and carrots, apple and banana or sweet potato and apple

NO Additives such as DHA, ARA, sugars, starches, salt/ sodium, or yogurt
NO Organic
NO Dinners, desserts, “delights” or puddings

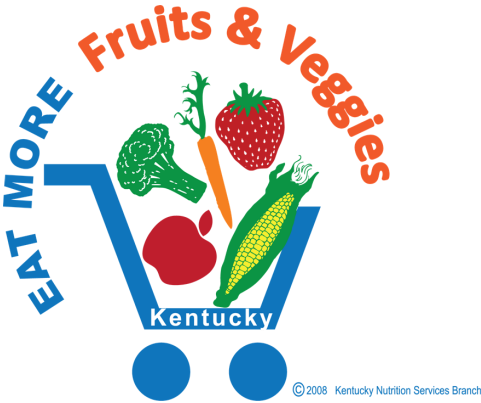
INFANT MEAT— 2.5 ounce containers only
To purchase infant meat, it must be shown on checks or EBT shopping list

Beechnut Gerber Nature’s Goodness

YES Plain meats with gravy

NO Chicken Sticks, Turkey Sticks or Meat Sticks
NO Gerber Graduates Lil’ Meals, Lil’ Sides or Lil Entrees
NO “Dinners”
NO Organic
NO Nature’s Goodness Toddler Cuisine
NO Additives such as fruit, vegetable, or DHA & ARA

Kentucky
WIC
Approved
Food List



10-01-2012
to
9-30-2013



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